

# 2010 START SMART CLASS SCHEDULE

**COST PER SESSION: \$30.00**

**Must be three or older by first day of class!**

Start Smart is a great program for parents to spend time with their children and help prepare them for future participation in youth sports. All classes are taught in a safe, noncompetitive atmosphere to help your child build confidence and most importantly, have FUN! ***Parents are required to attend and participate at each class! Registration is ongoing or until classes fill.*** Registration includes instructor, t-shirt, award, and equipment usage. Manuals may be purchased for \$5.00. **All Classes to be held at Sandy Parks & Recreation building (440 East 8680 South).**



## MULTI SPORTS SKILL DEVELOPMENT

This program focuses on preparing children for participation in organized sports and teaches basic skills including: dribbling, throwing, catching, kicking, batting, and running/agility.

**Session 1:** March 2, 9, 23, 30, April 6, 13

**Day:** Tuesday **Time:** 7:00 - 7:45 p.m.

**Session 2:** March 3, 10, 17, 24, 31, April 7

**Day:** Wednesday **Time:** 6:00 - 6:45 p.m.

**Session 3:** March 4, 11, 18, 25, April 1, 8

**Day:** Thursday **Time:** 6:00 - 6:45 p.m.

**Session 4:** April 20, 27, May 4, 11, 18, 25

**Day:** Tuesday **Time:** 5:30 - 6:15 p.m.

**Session 5:** April 21, 28, May 5, 12, 19, 26

**Day:** Wednesday **Time:** 6:30 - 7:15 p.m.

**Session 6:** April 22, 29, May 6, 13, 20, 27

**Day:** Thursday **Time:** 5:30 - 6:15 p.m.

**Session 7:** June 1, 8, 15, 22, 29, July 6

**Day:** Tuesday **Time:** 6:30 - 7:15 p.m.

**Session 8:** June 2, 9, 16, 23, 30, July 7

**Day:** Wednesday **Time:** 6:30 - 7:15 p.m.

**Session 9:** June 3, 10, 17, 24, July 1, 8

**Day:** Thursday **Time:** 5:30 - 6:15 p.m.

**Session 10:** July 27, August 3, 17, 24, 31, Sept. 7

**Day:** Tuesday **Time:** 5:30 - 6:15 p.m.

**Session 11:** July 28, August 4, 11, 18, 25, Sept. 1

**Day:** Wednesday **Time:** 5:30 - 6:15 p.m.

**Session 12:** July 29, August 5, 12, 19, 26, Sept. 2

**Day:** Thursday **Time:** 6:30 - 7:15 p.m.

**Session 13:** Sept. 14, 21, 28, Oct. 5, 12, 19

**Day:** Tuesday **Time:** 5:30 - 6:15 p.m.

**Session 14:** Sept. 8, 15, 22, 29, Oct. 6, 13

**Day:** Wednesday **Time:** 6:30 - 7:15 p.m.

**Session 15:** Sept. 9, 16, 23, 30, Oct. 7, 14

**Day:** Thursday **Time:** 6:30 - 7:15 p.m.



## Program Registration Information

### ONLINE REGISTRATION:

[www.sandy.utah.gov/parks](http://www.sandy.utah.gov/parks)

(available for most sports & programs)

### IN PERSON:

Sandy Parks & Recreation - 440 East 8680 South

Monday - Friday 8 am to 6 pm (801) 568-2900

## SOCCER

This program teaches the basics of soccer including kicking, dribbling, trapping, throw-ins, and agility.

**Session 1:** March 2, 9, 23, 30, April 6, 13

**Day:** Tuesday **Time:** 6:00 - 6:45 p.m.

**Session 2:** March 4, 11, 18, 25, April 1, 8

**Day:** Thursday **Time:** 7:00 - 7:45 p.m.

**Session 3:** April 21, 28, May 5, 12, 19, 26

**Day:** Wednesday **Time:** 5:30 - 6:15 p.m.

**Session 4:** April 22, 29, May 6, 13, 20, 27

**Day:** Thursday **Time:** 6:30 - 7:15 p.m.

**Session 5:** June 1, 8, 15, 22, 29, July 6

**Day:** Tuesday **Time:** 5:30 - 6:15 p.m.

**Session 6:** June 3, 10, 17, 24, July 1, 8

**Day:** Thursday **Time:** 6:30 - 7:15 p.m.

**Session 7:** July 28, August 4, 11, 18, 25, Sept. 1

**Day:** Wednesday **Time:** 6:30 - 7:15 p.m.

**Session 8:** Sept. 9, 16, 23, 30, Oct. 7, 14

**Day:** Thursday **Time:** 5:30 - 6:15 p.m.

## BASEBALL/SOFTBALL

This program focuses on teaching the basics of baseball including throwing, catching, batting, running, and agility.

**Session 1:** March 3, 10, 17, 24, 31, April 7

**Day:** Wednesday **Time:** 7:00 - 7:45 p.m.

**Session 2:** April 20, 27, May 4, 11, 18, 25

**Day:** Tuesday **Time:** 6:30 - 7:15 p.m.

**Session 3:** June 2, 9, 16, 23, 30, July 7

**Day:** Wednesday **Time:** 5:30 - 6:15 p.m.

**Session 4:** July 29, August 5, 12, 19, 26, Sept. 2

**Day:** Thursday **Time:** 5:30 - 6:15 p.m.

## FOOTBALL

The program focuses on teaching basic football skills including throwing, catching, kicking/punting, and running/agility.

**Session 1:** July 27, Aug. 3, 17, 24, 31, Sept. 7

**Day:** Tuesday **Time:** 6:30 - 7:15 pm

## BASKETBALL

This program teaches the basic motor skills necessary to play organized basketball including dribbling/ball handling, passing/catching, shooting and running/agility.

**Session 1:** Sept. 8, 15, 22, 29, Oct. 6, 13

**Day:** Wednesday **Time:** 5:30 - 6:15 p.m.

**Session 2:** Sept. 14, 21, 28, Oct. 5, 12, 19

**Day:** Tuesday **Time:** 6:30 - 7:15 p.m.

